

Waltham Forest News

Your Council keeping residents informed

www.walthamforest.gov.uk

Issue 73, 13 August 2012

What a Games!

Basking in the golden (medal) glow, Waltham Forest reflects on Olympic successes and looks forward to the Paralympic Games

The London 2012 Olympic Games came to a fitting end on Sunday 12 August, with Great Britain having its most successful Olympics in more than a century.

The Games were hailed a success around the world; disruption to residents' daily lives was kept to a minimum and a feel-good factor swept the nation.

Council Leader Chris Robbins told Waltham Forest News: "The past 17 days of the Olympic Games have been fantastic, leaving us with memories that will last a lifetime. Along with record breaking sporting performances, our residents have enjoyed a host of free events and activities that have brought the Olympic spirit to the heart of Waltham Forest."

"I would like to take this opportunity to thank residents for their patience as we've risen to the challenge to deliver services."

"We now have the Paralympic Games to look forward to, and with some changes to services still in place we ask residents to bear with us for a little bit longer."

In Waltham Forest the good times began with tens of thousands of residents lining the borough's streets and attending



Members of the Waltham Forest Amateur Boxing Club with Australian Boxers Jessie Ross and Jackson Woods at the Festival of Sport. Photo by Mark Burton commissioned by Waltham Forest Council outside the William Morris Gallery.

special Council run events to welcome the Olympic Torch, after which the excitement grew.

Hundreds of you held Olympic-themed street parties during the Games; playing sports, socialising with neighbours and eating a medal-winning amount of cake as communities came together to celebrate the wins and commiserate the losses of Team GB's athletes.

And in Waltham Forest the years of careful planning meant that it was business as usual for

the Council and residents alike.

As an Olympic host borough Waltham Forest has been involved in the preparations for London 2012 for more than seven years, helping to make the most of our Olympic year - be it through investment and jobs or the Big 6 events and Games-time tickets.

Residents also turned out in force to enjoy the penultimate Big 6 event - Festival of Sport. Building on the inspirational performance of Olympic athletes, this event gave

residents the chance to find out more about the borough's sports clubs so that they can get involved.

Encouraging residents to get active is perhaps the greatest legacy that the Games will leave.

More info

For all the latest news affecting Waltham Forest during the Paralympics visit www.walthamforest.gov.uk/2012. Free internet access is available at all libraries in the borough.



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In my opinion

Damien Nembhard
Resident, Leyton



The days since the Olympic Flame travelled through Waltham Forest and the Games began seem to have flown by in a blur of activity. Ever since the area has been buzzing with excitement and the enthusiasm has been infectious.

The Games might be over now, but the feel good factor that they gave me will carry on for some time. Unfortunately I did not get tickets for any of the main events, but I still found myself following everything I could on TV. It's been a really amazing experience to be living so close to such a momentous event that is watched and enjoyed by millions of people all over the world.

It's been brilliant seeing Team GB win so many medals and I kept reminding myself to enjoy every minute as it's only once in my lifetime that the Games would be in my hometown!

I think the Olympics have been a good thing for everyone living here. It's easy to see some of the improvements that have been made already. The new shopfronts in Leyton and Walthamstow look really nice and you can also see the work that has been done to the roads and pavements as well. And of course we even have a new bridge to cycle or walk over into Eton Manor. These things will obviously benefit the area for years to come, and without the Olympics we might not have got them.

The Games encouraged a lot of kids to take up sports and also inspired me to keep active. I was a regular visitor to Leyton Leisure Lagoon during the Olympics and my friends and I are thinking about starting our own football team to keep fit. I'm sure we are not the only ones who have thought of this, so I expect lots of people will be fitter and healthier in the coming months.

I also used the Olympics as an opportunity to learn new skills. I work in customer services in the heart of Walthamstow and my work place has been quite busy. It gave me the opportunity to meet and speak to people from all over the world, as lots of people asked for directions. By helping them I feel I have played my own small role in the Olympics.

I think that the Games have helped bring the borough together. Everyone seemed to be celebrating our wins and I saw lots of groups putting on special events and parties over the past few weeks. I have never felt more proud to be from Waltham Forest.

Want to have your say?
If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 300 words; Waltham Forest News wants to hear from you. Email the Editor at: walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.



Bursary winners with Australian Olympians Libby Trickett, Lisa Weightman and James Chapman.

Sports bursaries awarded

- Australian Olympic Committee funds benefit talented youngsters
- Bursaries form part of Council's Olympic agreement with Aussie team

Waltham Forest's future Olympians have received a financial boost to help them reach their full sporting potential.

Ten of the borough's most promising young athletes have secured a £3,000 Boxing Kangaroo Bursary, made possible through Waltham Forest Council's partnership with the Australian Olympic

Committee (AOC). The bursaries will provide athletes with funding for kit, equipment and competitions along with access to top coaches and physiotherapists.

The scheme came about through a partnership between the Council and the AOC which allowed them to use the borough's Construction Skills Centre

in Leytonstone for their Uniform Distribution Centre during the Olympic Games.

The presentation took place on Thursday 9 August. Council Leader Chris Robbins was joined by Chief Operating Officer 2012 Australian Olympic Team and Secretary General of the AOC Craig Phillips and a host of Australian Olympians.

Chris Robbins told Waltham Forest News: "It's been fantastic to work alongside the Australian Olympic Committee to provide our up and coming athletes with the support they need to improve their performance.

"This investment into their future is a tangible Games-time benefit which could help these young sporting stars to achieve their dreams and represent their country in the next Olympic Games."

Craig Phillips said: "The Australian Olympic Committee is delighted to contribute to the legacy of London 2012 in assisting the young sportsmen and women of Waltham Forest to progress their sporting endeavours. The Olympic Movement aims to inspire children from around the world to choose sport and we hope these bursaries will assist in that."

Following an application process 10 athletes were selected to receive the Boxing Kangaroo Bursary. The sports represented are all Olympic sports and range from athletics and rowing to volleyball, diving and table tennis.

Boxing Kangaroo Bursary recipients

Name	Sport
Adam Abbott	Diving
Jodie Carne-Howell	Volleyball
Harry Clarke	Athletics
Georgia Green	Athletics
Kashif Jones	Athletics
Danny Keigher	Rowing
Reece Prescod	Athletics
Kyle Palmer-Francis	Athletics
Georgia Tuckfield	Athletics
Ryan Williams	Table Tennis

Waltham Forest News

Editor: Jenny England
Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk or call 020 8496 3000.

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Tammy and Steve Quantrell met 10,000 metres Olympic Champion Mo Farah



Steve and Tammy Quantrell and Humphrey and Teresa Alvarez on their tour of the Athletes' Village

Special Olympic visit for residents

- **Winners of Waltham Forest News competition take exclusive tour of Athletes' Village**
- **Highlights included meeting 10,000 metres Olympic Champion Mo Farah**

The winners of a Waltham Forest News competition toured the Olympic Park Athletes' Village on Sunday 5 August – and were thrilled to meet Australian and British Olympians during their visit.

The exclusive tour was courtesy of the Australian Olympic Committee (AOC), who formed a partnership with the Council to use the Construction Skills Centre in Leytonstone to distribute their team uniforms during the Olympic Games.

The lucky winner was Chingford resident Stella Quantrell. As she was unable

to choose who to take with her, kind-hearted Stella gave the prize to her two grown up children and their spouses.

Stella's daughter and son-in-law Teresa and Humphrey Alvarez and her son and daughter-in-law Steve and Tammy Quantrell took the tour accompanied by members of the AOC.

The tour included a behind the scenes look at where the athletes live during the London 2012 Games and the chance to have lunch and rub shoulders with Olympians from all nations.

Teresa Alvarez told Waltham Forest News: "It was an

excellent day and really wonderful to see a part of the Olympics that most people won't experience.

"We saw where the athletes stay, the plaza which has shops, an alcohol-free pub and a hairdresser, the Australian Olympic Team HQ, the Faith Centre and Media Centre.

The four also had lunch at the athletes' dining hall, which is open 24 hours a day, seven days a week throughout the Olympic and Paralympic Games. It is the largest peacetime dining hall ever constructed. The hall offers athletes everything from vegan and macrobiotic food to

traditional British, and even fast food.

Teresa said: "We had lunch at the athletes' dining hall and were awestruck at how big it was. We saw lots of famous athletes having lunch and milling around, it was quite a sight!"

While having lunch Teresa and her family spotted Great Britain's medal winning Mo Farah, who kindly stopped and had a photograph taken with the group.

Teresa continued: "Not many people get the chance to have their photo with an Olympic Champion the day after they've won a gold

medal so it really made our day. And on our way out of the Athletes' Village we saw all four of the Great Britain's men's coxless four team, who were wearing their gold medals. It was really exciting."

And Teresa said that the Australian Team had been singing the praises of London 2012 and its organisers: "Our tour guides said that the Australian Team was very happy with all the athletes' facilities and that in Beijing the team doctors had been kept very busy with athletes experiencing medical problems from the air pollution. It was really nice

to hear those things and that they are enjoying the Olympics as much as we are.

"We've really enjoyed the London 2012 Games and my family and I are so pleased we got to take this special tour. It really was the chance of a lifetime."

More info

For more information on the latest Paralympic Games offers and opportunities sign up for the Council leader's e-newsletter. Simply email leader@walthamforest.gov.uk. Free internet access is available at all libraries in the borough.

Paralympic Torch Relay celebration

Leyton will host a fantastic free family event on Wednesday 29 August as

the borough welcomes the arrival of the Paralympic Torch. And there is double

the reason to celebrate, as the event also marks the opening of the new Leyton Jubilee Park.

The torch will make its way from Stoke Mandeville to the Olympic Stadium and along the way will visit 14 London boroughs and each of the six Host Boroughs, before it arrives at the Olympic Stadium at 10pm.

Stoke Mandeville is important because the Stoke Mandeville Games – which first took place in 1948 for World War II veterans with spinal

injuries – were the inspiration for the Paralympic Movement.

The Paralympic Torch Relay in Waltham Forest will begin at Lee Valley Ice Centre. The Torchbearers and convoy will travel to Leyton Jubilee Park and arrive at around 7.30pm. More information about the route will be available shortly.

The celebration event will take place at Leyton Jubilee Park (formerly Marsh Lane Playing Fields, Marsh Lane E10 7DE) from 5 to 9pm.

You can enjoy a reduced

rate fun fair, free activities like a climbing wall and live stage performances.

There will be a selection of food and drinks. No ticket is required, so don't miss the chance to enjoy this fun celebration.

As well as welcoming the Paralympic Torch the event also marks the opening of Leyton Jubilee Park, following £2 million improvement works. The new facilities include football pitches, an improved basketball facility, a fantastic

new childrens' play area and much more.

The Paralympic Torch Relay may cause some disruption to traffic in the borough on the day. Keep an eye out for further information and make sure that you plan ahead.

More info

For more information visit www.walthamforestbig6.co.uk. Free internet access is available at all libraries in the borough.



Residents can welcome the Paralympic Torch on Wednesday 29 August

2012

A sporting legacy for Waltham Forest



- Thousands of residents get active at Festival of Sport event
- Sunday 5 August also saw 'Godiva' finish her journey across the country

While Team GB sprinted towards a record medal haul and the media debated the Games' sporting legacy, young residents were given a sporting chance when it comes to going faster, higher, stronger themselves.

The weekend of 4-5 August saw some 8,000 residents attend the Council's Festival of Sport to try their hand at something new and get top tips from local sports clubs and visiting Olympians.

On offer were sports like archery, boxing, football, gymnastics and table tennis, representing a hefty selection of the many different Olympic

sports residents can enjoy in Waltham Forest.

Leader of Waltham Forest Council, Chris Robbins, told Waltham Forest News: "While we were all glued to our screens watching world-class athletes pour their heart and soul into the Olympic Games the Festival of Sport proved it's never too late to lace up your trainers and have a go yourself.

"You can try your hand at every single Olympic sport here in Waltham Forest, and what better time to get inspired and get involved than the Olympic Year?"

Attending the Festival of

Sport on Sunday 5 August were members of the Australian Olympic Team, who seemed as keen to give local youngsters master classes in everything from boxing to table tennis as they were to have a go at cycle polo or bat a few overs with the local cricket club.

Janet Bell from Walthamstow said: "The Festival of Sports was amazing. My son and his friends loved it. One has now joined a cycle club and another has taken up hockey - a sport he had never heard of let alone tried, and he was a natural at it!"

Sunday 5 August also saw the culmination of the Godiva Awakes project. The six metre high puppet of Godiva, powered by a team of cyclists, travelled from Chingford to Waltham Forest Town Hall, accompanied by a carnival procession that included hundreds of local dancers and performers.

She was welcomed with art and dance performances and Mayor of Waltham Forest, Cllr Richard Sweden, was presented with a Book of Intent expressing the hopes of young people from the West Midlands, where Godiva was built and began her journey.

While the Festival of Sport showcased the wealth of facilities, activities and sports clubs on offer in the borough, it also served as a reminder to the sporting legacy in the borough.

This includes providing free swimming for under 18s and over 60s, securing a multi-million-pound leisure contract to improve the area's gyms, pools and sports facilities, opening 50 schools during the summer holidays to offer young people sporting and leisure opportunities and working with the Australian Olympic Committee to offer ten promising athletes a 'Boxing

Kangaroo' sports bursary.

The Festival of Sport is one of the Council's Big 6 events, which aim to celebrate the Olympic Year and help say 'thank you' to residents for their understanding while the Games are underway.

More info

View photos from all of the Big 6 events at www.flickr.com/walthamforestcouncil. For more information on the Big 6 visit www.walthamforestbig6.co.uk. Free internet access is available at all libraries in the borough.



Thousands of people were wowed by the arrival of the six metre high Godiva puppet



Adults also enjoyed trying new sports



Over 500 children tried hockey at the Festival of Sport



Residents of all ages gave volleyball a try



A young cricketer gets tips to improve his bowling

In brief

Taking Part by Image17

An exhibition by local photographers' collective Image17, which documents and celebrates 48 sports groups in Waltham Forest, has gone on display at Walthamstow Library. The exhibition has toured libraries throughout the borough and will remain at Walthamstow Library (High Street, E17 7JN) until Sunday 16 September. Taking Part was commissioned by Waltham Forest Council to show the number of sports on offer in the borough and the important role sport plays in our community.

• For more information visit www.image17.co.uk. Free internet access is available at all libraries in the borough.

Scaling new sporting heights at the Festival of Sport



Britain's equestrian success spurred on this horse rider

Games time safeguarding

While areas such as transport and security have been closely scrutinised in the build up to the Olympics, other key areas such as arrangements for child protection have been just as keenly thought out. Waltham Forest Council has worked in partnership with the other host boroughs, the police, NSPCC, the Red Cross and Children and Families Across Borders to develop a training pack for volunteers at the Games. To cope with any increased demand during Games time, Waltham Forest, Hackney, Newham and Tower Hamlets developed a single point of contact for referrals about child protection and each local authority boosted its usual social work and out of hours capacity. All 33 London children's services teams agreed to take referrals and share responsibility for providing safe accommodation to any children who couldn't be returned home immediately. By working together councils ensured that one of the most important areas – keeping children safe – was covered for the Games.

• For more information on children and family care visit www.walthamforest.gov.uk/children or phone 020 8496 3000



Could this young boxer be an Olympic Champion like Nicola Adams?



Young dancers accompanied Godiva for a carnival parade



Godiva Awakes included art, dance and a carnival parade

What's On

The Big6 Waltham Forest It's happening here

Forest Film Fest

Friday 31 August
to Sunday 2 September

Leyton Cricket Ground,
Leyton E10 6PY

Thanks for voting for the films you want to see at the Forest Film Fest. See the list of most popular titles at www.walthamforestbig6.co.uk/film-festival and get the popcorn in as Leyton Cricket Ground becomes the walk-in movies for the weekend. www.walthamforestbig6.co.uk/events/film-festival/

Sports and fitness

Lloyd Park running

Wednesdays, 10-10.30am

Meet at the Brettenham Road gate to Lloyd Park. Improve your health and wellbeing and enjoy a run in Lloyd Park. Adults of all ages and abilities welcome. No under 18s. If you have a medical condition, please seek medical advice before starting running. Dress sensibly and wear trainers. **For more information** phone Elie Mortimer on 020 8496 3000 or email ellie.mortimer@walthamforest.gov.uk.



Join In Tai Chi

Sunday 19 August, 10-11.30am

Lloyd Park. Inspired by the Olympics and wanted a perfect activity to help wind down the excitement and get fit over the summer? Join In Tai Chi is the answer. Free event for everyone aged 5 and over. Tone up your body and calm down your mind in harmony with the beautiful surrounding in the newly opened Lloyd Park.

For more information and to book, please phone Aileen on 07713 152 999 or email taichiwf@hotmail.co.uk.

Total Body Toning

Tuesdays, 8-9pm

North Chingford Methodist Church,

Station Road. An uplifting full body resistance workout to tone, strengthen and burn calories. Includes use of weights, Bodybars, Gliding discs, rubber tubing, followed by a floorwork and stretching section. Taught to motivating music. First class free, then £25 per month. **Please contact Lucilla on 07956 695077 to book your space, email lucilla@onestopfitness.co.uk or visit www.onestopfitness.co.uk.**

Women only toning class

From 13 September

Harmony Hall, 2A Truro Road, E17 7BY. This Zumba inspired class uses special 'Zumba Toning Sticks' or dumb bells to provide a great body-sculpting workout with the same Zumba moves you already enjoy at a slightly slower pace. 6 week course £35. Places are limited.

Phone Jackie on 0771 733 0993 or visit www.vibe.wellness.co.uk.



Postnatal Yoga

Saturdays, 12-1.15pm

Quaker Meeting House Wanstead, Bush Road, E11. Ten week course starting September 2012. For women in who have had a baby in the past two years. You don't have to have any previous yoga experience. This class focuses on strengthening, toning and pelvic floor. For more information phone Arlene Dunkley-Wood on 07976 903003, email info@yoga4birth.co.uk or visit www.yoga4birth.co.uk.

West Essex Rambler's family walk

Saturday 15 September, 2.30pm

Meet Royal Forest Hotel, Rangers Road, Chingford
Join us in September for a family friendly walk. The route is suitable for buggies, but it could be muddy! A circular 3.5 mile ramble. Also try out some walks with this friendly rambling group - four walks a week of varying length, mostly countryside with some in London. We also offer coach rambles, English and overseas holidays. **For more information, and a sample programme, phone 020 8502 1628 or visit www.westsexramblers.org.uk.**

Free hockey for juniors and adults

Tuesdays, 7-8pm (under 16s) and

8-9pm (over 16s)

Kelmscott Lesiure Centre, 243 Markhouse Road, E17 8RN
Be a part of the Olympics and come down to five weeks of free hockey. Open to beginners and regular players alike, take the opportunity to play some of England Hockey's simplified new Rush Hockey and in2hockey games. Turn up to one or all of the sessions. Only equipment required is shin pads - we provide everything else! Free of Charge. To book visit www.sportscourses.org. **Phone Matt Lovell on 07909 913 121 or email youth@walthamforesthc.co.uk for more information.**

Silverthorn Bowling Club

Saturdays, 10.30am-12.30pm

Ropers Avenue Ground, Chingford E4 9EJ. Join our free Saturday morning beginners club. Young people's groups for 11-18 years and parent/adult groups. Coaches are qualified. Don't be afraid to come alone. Please wear flat shoes. No obligation to join. **For more information phone 020 8531 6619 or 020 8527 2919.**

Waltham Forest Hockey Club event

Saturday 18 and Sunday 19 August, 11am-2.30pm

The club will take part in Join In UK - a free, national celebration of local sport. Sports clubs around the UK will be hosting special events to capture the once-in-a-lifetime enthusiasm for sport that this summer's events will generate. Waltham Forest Hockey club will offer youth coaching and games, adult beginner coaching and fun games and adults' games. We should also have a BBQ and some drinks - weather permitting! **For more information visit www.walthamforesthc.co.uk**



Chingford Tora Shotokan Karate Club beginner classes

Wednesdays, 7.30-8.30pm

Walthamstow Academy, Billet Road, E17 5DP. We are a friendly club with a mix of abilities and ages from 6 upwards. We are offering a free trial lesson and half price lessons for new students until 12 September 2012 as part of the Olympic legacy. **Phone Barbara on 07949 228401 or email chingfordtora@hotmail.co.uk**

Zumba with Chloe Mondays, 7pm

Tumble in the Jungle, 245 Wood Street, Walthamstow, E17 3NT
All levels of fitness and experience welcome. £5 drop in or £45 for 10 class pass. **Contact me for more information and other classes in Walthamstow 07903 629 636 chloe@dancechloe.com www.DanceChloe.com**

Tell us what's on

walthamforestnews@walthamforest.gov.uk

Clubs and community

Waltham Forest Diabetes Group

Tuesday 11 September, 7.15pm

The William Morris Centre, Greenleaf Road, Walthamstow

The group meets on the second Tuesday of every month. We have regular expert speakers and want to connect with more diabetics in the area. The speaker at the next meeting is Clency Payandane, Podiatrist at Whipps Cross Hospital. **For more information phone Brian Ray on 020 8504 9755.**

Summer Wildlife Carnival

Saturday 15 September, 10am-4pm

WaterWorks Nature Reserve, Lammas Road, E10 7NU
The Summer Wildlife Carnival will be a celebration of the achievements of the Wild Place Your Space project. There will be music, food and performances from the many people who have contributed to the project. It will also be the official opening of a new demonstration wildlife garden created by volunteers, community groups, visiting artists and staff. There will be costume making, a carnival procession to the accompaniment of a marching salsa band, music and dance, throughout the day. There will also be gardening advice. **For more information visit <https://sites.google.com/site/wildplaceyourspace> or phone 020 8525 0547.**

Affordable Psychotherapy in English and Spanish

Appointments available Monday to Friday, 9am-8pm

Near Blackhorse Road Station
Short and long term psychotherapy for individuals and couples. Sliding scale of fees, meaning that

everyone can access psychotherapy. Concessions for students, unwaged and retired people.

For more information phone Valeria on 07912 887588, email vb.psychologist@gmail.com or visit www.valerianonfiglio.co.uk.

Steam and electric train rides

Wednesdays until 22 August, 2-4.30pm

Sundays until October, 2-5.30pm
Ridgeway Park, Peel Close, off Old Church Road, Chingford, E4 6XU
Come and enjoy rides on the steam and electric model railway at Ridgeway Park. Fare 50p or £1, depending on which track is in use on the day. Under 3s free with fare paying adult. Fun for all the family. **For further information visit www.chingford-model-engineering.com**

Community local produce stall

Every Saturday, 11am - 3pm

St John's Church, Church Lane, Leytonstone (between the church and Matalan, just off the High Road)
A stall selling delicious, locally grown organic fruit and vegetables, and other local produce. A partnership between Organiclea and Transition Leytonstone. **For more information email info@transitionleytonstone.org.uk or phone 020 8556 0885.**

Sunset over London - tower tours of St John's Church

Thursdays, start times vary

St John's Church, Leytonstone
Experience stunning views of the local area, the Olympic Park and the city skyline from this newly-restored East London landmark. After your trip up the tower, enjoy fairtrade refreshments and live music from local professional musicians while you look around the church. Admission £12.50 or £10 for groups and concessions. £5 for 8-16 years (sorry, no under 8s). **To book a space email bookings@stjohnleytonstone.co.uk or phone 020 8257 2792.**

Tell us what's on

Call 020 8496 3000

Culture and crafts

E17 Art Trail 2012

Saturday 1 to Sunday 16 September

The theme for this year's E17 Art Trail is 'bestow' and during the

trail hundreds of local artists and groups will be exhibiting their work around Walthamstow. The E17 Art Trail will open with a special launch event on Saturday 1 September. You can collect a copy of the guide to all events from libraries and participating venues including Penny Fielding Gallery and Interiors, The Mill, Arts and Crusts Café, Inky Cuttlefish Studios and Wood Street Indoor Market. The full programme is also available on the E17 Art Trail website. **For more information visit www.e17arttrail.co.uk.**

Fireflies and Bumblebees

Friday 28 September, 8.30pm

Ye Olde Rose & Crown, Hoe Street, E17 4SA. An evening with Walthamstow-based jazz singing duo Antonio de Lillis and Ileana di Camillo. These talented vocalists bring us their very own special take on favourites old and new, all delivered with originality, expertise and imagination. A perfect blend of Italian warmth and humour, along with undertones of a deeper pathos. **For more information phone Marzia on 07905 303086.**

Poetry and music open mic evening

Thursday 30 August, 7pm

Walthamstow Library, Walthamstow Town Square
You're a poet? Come and show it and this open mic poetry and music evening. Each performer gets five minutes of fame. Poetry and comedy from special guest Rob Auton - fresh from the Edinburgh Fringe Festival. Free entry. Refreshments available. **For more information phone Paul McGrane on 07950 618911.**

Taking Part photography exhibition

Until Sunday 16 September, times vary

Walthamstow Library, High Street Walthamstow, E17 7JN
Taking Part by Image17 is now showing at Walthamstow Central Library. Displaying our biggest selection of 'Taking Part' to date, the exhibition explores an array of local sports by Image17, a collective of 13 photographers: Mark Burton, Claire Byrne, Udall Evans, Dan Green, Katherine Green, Paul Greenleaf, Fabien Ho, Matt Scandrett, Jo Sealy, Paula Smith, Matt Thompson, Nicola Tree and Simon Warren. The exhibition is open Monday to Friday from 9am to 7pm; Saturdays from 9am to 6pm and Sundays from 10am to 4pm. Entry is free. **For more information visit www.image17.co.uk.**

Word Down Walthamstow

Saturday 15 September, 8pm

Ye Old Rose & Crown Theatre Pub, 53 Hoe St, E17 4SA

Comedy spoken word and unplugged music plus 20 mins of open mic – arrive at 7.30pm to sign up. Price of event: £5 plus bar (free for open mic performers). **For more information phone 020 8509 3880 or visit www.roseandcrowntheatrepub.wbeden.co.uk**



E17 Jazz

Every Wednesday, 8.30-11pm

Walthamstow Cricket Club, 48a Greenway Avenue, E17 3QN

The award winning E17 jazz collective presents weekly concerts featuring local musicians of national renown plus exciting guest stars in a relaxed jazz club setting. Entry £5. **For more information visit www.e17jazz.com/whatson.**

Tell us what's on

walthamforestnews@walthamforest.gov.uk

Children and young people

Bongalong

Days and times vary

Sessions in Walthamstow and Chingford

Music, movement, instruments and make-believe for children under 5 and their carers. Term time only. Booking essential. **For more information phone Fiona on 07811 460282 or email fiona.bongalong@gmail.com.**



Spanish for Children

Every Saturday, 11am

Mission Grove School, Buxton

Road, E17 7EJ. Learning Spanish in a fun and relaxed environment. Suitable for 4-7 year olds. Taught by a fully qualified Bolivian Spanish tutor. New course starts Saturday 15 September. £60 per term for ten week course. £5 registration fee. **Priority bookings on 07850 136067 or email laurance.wedderburn@tinyworld.co.uk.**

Developmental Baby Massage

Mondays from 3 September, 10-11.15am

Quaker Meeting House Wanstead, Bush Road, E11. Using baby massage you are able to help develop the bond with your baby. Touch is a powerful way of connecting and baby massage can help your baby improve sleeping patterns, aid digestion and feel more calm and contented. Ten week course £100, five week course £60, drop in £12. Places are limited so book early. **For more information phone Arlene Dunkley-Wood on 07976 903003, email info@yoga4birth.co.uk or visit www.yoga4birth.co.uk.**

Wadham FC trials/training

Wednesdays

Wadham Lodge/Matchday Centre, Kitchener Road, E17 4LL. Wadham FC is a FA Charter Standard Club, founded in 1966 and based at Wadham Lodge. We have teams from U7 to U16 years. We also are looking to start a new Under 7's team for next season. All our coaches are FA qualified/CRB/First Aid. We train on Wednesdays and play in Sunday Leagues. If you would like to come along for a trial or attend a training session please call to book. **For more information phone Paula on 07980 347772, email wadhamnews@aol.com or visit www.clubwebsite.co.uk/wadham.**

Piano For Toddlers

Every Saturday, 10.30am

Mission Grove School, Buxton Road, E17 7EJ. Learning Piano in a fun and relaxed environment. Classes 4 pupils half hour sessions, great introduction to music. Suitable for 4-7 year olds. Taught by a fully qualified music tutor. New course starts Saturday 15 September. £75 per term for ten week course. £5 registration fee. **Priority bookings on 07850 136067 or email laurance.wedderburn@tinyworld.co.uk.**

Free children's art workshop

Thursday 30 August, 10am-2pm

The Mill Community Centre, 7-11 Coppermill Lane, E17 7HA

A free children's art workshop to create a new creature for The Mill.

Suitable for all ages. **To find out more email info@themill-coppermill.org or phone 020 8521 3211.**

Brooks Farm Summer Programme

Tuesday 14 to Friday 24 August, times vary

Skeltons Lane Park, Skeltons Lane, Leyton, E10 5BS
Activities for children at Brooks Farm. Activities vary by day but will include bouncy castle, animal handling sessions, hawks and owls, messy play sessions and face painting. Bouncy castle £1 per person. There will be a charge for handling hawks and owls. Other activities are free of charge though donations will be welcomed. **For more information phone 07967 393956 or email brooks.farm@walthamforest.gov.uk.**



Acting Bugs drama group

Every Wednesday, 10am

St. Johns Church Hall, Leytonstone
Acting Bugs is a brand new drama group for children aged 18 months to five years. The group is lead by local TV actress and mum, Sam Seager, (who plays Bobby the Bus Cleaner in Cbeebies Me Too!) The session lasts 45 minutes and introduce pre school children to the world of drama in a fun, playful and imaginative way. Inspiring young imaginations through interactive story telling, movement and music, costumes, props and puppets. Parents stay with their children through the session and well deserved refreshments are provided afterwards for big ones and little ones! Sessions cost £5 and £2.50 for any siblings. **Email actingbugs100@gmail.com for more info or check out the Acting Bugs facebook page.**

Make a visual tapestry of Waltham Forest

Wednesdays in August, 1-4pm

Vestry House Museum, Vestry Road, E17 9NH. Each week participants will be invited to add to a collective map using drawings, textiles, printmaking, photography, calligraphy and animation. The 'tapestry' will be displayed in the Mapping the Changes exhibition so visitors can chart its progress. You can drop into one or all of the five sessions. With



artist Shehnoor Ahmed. All events are free. No booking required. If busy you may be asked to return later. Children must be accompanied by an adult. Activities are designed for children aged 5 upwards. **For more information phone 020 8496 4391, email Vhm.enquiries@walthamforest.gov.uk or visit www.walthamforest.gov.uk.**

Grow Your Own Theatre

Days and time vary

Venues across Walthamstow

Drama and Theatre making for young people in Walthamstow. Want to create your own shows and perform them? Projects for ages 3-19yrs. You have stories. You have ideas. We want to hear them. **For more information phone Sarah at Grow Your Own Theatre on 07541 082552, visit www.growyourowntheatre.co.uk or email sarah@growyourowntheatre.co.uk.**

Children and Young People's Directory

Compiled by the Council's Family Information Service (FIS), the directory gives free, impartial advice on childcare, general information on a wide range of services for children, young people and families and lists leisure and recreation activities of all kinds. **For more information visit http://csd.walthamforest.gov.uk**

Tell us what's on

Call 020 8496 3000

Community Ward Forums

Larkwood and Valley

Wednesday 31 August, 7-9pm

The Brotherhood Hall, 2a Larkwood Road, E4 8LP

For more information on Community Ward Forums visit www.walthamforest.gov.uk/community-ward-forums

Public Notices

Highways

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14(1) THE WALTHAM FOREST (LEYTON GREEN ROAD) (TEMPORARY RESTRICTION ON WAITING) ORDER 2012. TT16

- The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on 10th August 2012 it made an Order to enable traffic control measures to be carried out in a safe and efficient manner in a certain section of Leyton Green Road, the general effect of which will be, only at such times and to such extent as regulatory signs are displayed, to restrict waiting by vehicles in this section of road. This Order continues the restrictions of the 14(2) Notice issued on 26th July 2012.
- No person shall, at such times and to such extent as regulatory traffic signs are displayed, cause or permit any vehicle to wait for any purpose between the period of 8 a.m. and 6.30 p.m. throughout the week in that length of Leyton Green Road that lies on the west, north-west and south-west sides between a point 2.00 metres north-east of a point opposite the north-eastern wall of No. 32 Leyton Green Road and a point 2 metres north of the common boundary of Nos. 84 and 86 Leyton Green Road.
- Vehicles waiting in disregard of this Order will be removed.
- The restrictions mentioned above will not apply in relation to any vehicle being used for ambulance, fire brigade or police purposes in an emergency, if the traffic measure allow.
- The Order will come into operation on 13th August 2012 and will be valid for a maximum period of 8 months or until the traffic control measures are no longer required, whichever is the sooner.

Dated 13th August 2012

Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

Planning

LONDON BOROUGH OF WALTHAM FOREST PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990 - SECTION 67 NOTICE IS HEREBY GIVEN that the following application for a building within a Conservation Area has been made to this Authority. The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. - 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

APPL.NO 2012/1124/CAC
APPLICANT Mr Mark Lewis & Adam Dias
ADDRESS 71 Orford Road, Walthamstow, London E17 9NJ
PROPOSAL Conservation area consent Demolition of existing building and erection of two storey extension to form 1x2 bedroom flat with alterations to existing first floor flat.

LONDON BOROUGH OF WALTHAM FOREST TOWN & COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) (ENGLAND) ORDER 2010 - NOTICE UNDER ARTICLE 13 NOTICE IS HEREBY GIVEN that the following application for planning permission has been made to the Council for which additional publicity is required.

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. - 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

APPL.NO 2012/1125
APPLICANT Mr Mark Lewis & Adam Dias
ADDRESS 71 Orford Road, Walthamstow, London E17 9NJ
PROPOSAL Demolition of outbuilding and erection of two storey extension to form 1x2 bedroom residential unit and alterations to existing first floor flat.

Dated 13th August 2012
David Scourfield - Head of Development Management. On Behalf of London Borough of Waltham Forest

London Borough of Waltham Forest

Members Allowances scheme

Elected Members (Councillors) of an Authority are entitled under the Members' Allowances scheme to receive remuneration for the duties they perform. This scheme is set out in the Constitution of the Council.

The scheme is governed by the Local Government & Housing Act, 1989, as amended and the Local Authorities (Members' Allowances) (England) Regulations, 2003. All Councillors are entitled to a basic

allowance to cover their democratic duties, some Councillors also receive a Special Responsibility Allowance (SRA) reflecting the level of their additional duties (see the table below). Councillors who hold more than one post are only entitled to claim the SRA with the greatest value. In appropriate circumstances, Councillors can claim an allowance towards carers costs, travelling and subsistence costs when carrying out certain duties outside the Borough.

At its meeting on 26 May 2011, the Council agreed amendments to its Members' Allowances scheme, which took effect from that date.

In agreeing its scheme, the Council took into consideration the latest recommendations of the London Council's Independent Panel on Members' Allowances published in May 2010. It was also agreed that

the Leader of a Third Party, would only receive a SRA when that group had five or more Members.

The following table sets out the current rates of Members' Allowances for the Municipal Year, 2012/13. Also set out are payments made to individual Members in the financial year 2011/12. The figures reflect that some Councillors did not hold office for a full year.

Allowance	Municipal Year: May 2012 to May 2013 £	Payable to
Basic Allowance	10,000	● All members in addition to Special Responsibility Allowance if applicable
Special Responsibility Allowances	40,000	● Leader of the Council
	21,000	● Cabinet Members x 7
	16,000	● Leader of the Opposition party ● Chair of Overview and Scrutiny Management Committee
	8,000	● Junior Cabinet Members ● Chair of Planning Committee ● Chair of Licensing Committee ● Vice-Chair of the Overview & Scrutiny Management Committee ● Chairs of the Overview and Scrutiny Management sub-committees ● Council Chief Whip.
	4,000	● Chair of Audit & Governance Committee ● Chair of Pensions Fund Committee ● Chair of Transport Liaison Consultative Group ● Vice-Chair of Planning Committee ● Vice-Chair of Licensing Committee ● Main Opposition Chief Whip ● Third Party Leader
	937	● Independent Chair of Standards Committee
	456	● Independent Members of Standards Committee
	684	● Independent Member of Audit & Governance Committee

Financial Year 2011/12					
Member's name	BASIC	Special Responsibility Allowance	Travel and subsistence allowance	Total Payments	Employers On Costs
	£	£	£	£	£
M Ahmad	10,081	1,291	706	12,078	714
A Akram	10,081	21,170	0	31,251	3,344
L Ali	10,081	21,170	0	31,251	3,944
N Ali	10,081	4,031	0	14,112	979
R Anwar	10,081	0	0	10,081	416
M Asghar	10,081	0	0	10,081	416
N Asghar	10,081	0	0	10,081	416
P J Barnett	10,081	8,065	0	18,146	6,814
A M Bean	10,081	21,170	0	31,251	10,051
K Bellamy	10,081	0	0	10,081	416
R Berg	10,081	0	0	10,081	416
L Braham	10,081	0	0	10,081	416
P Braham	10,081	0	0	10,081	416
N Buckmaster	10,081	4,032	0	14,113	3,949
C Coghill	10,081	8,065	0	18,146	1,536
E Davies	10,081	0	0	10,081	416
B Davies	10,081	0	0	10,081	416
M T Davis	10,081	16,129	0	26,210	2,649
P Douglas	10,081	4,032	0	14,113	979
K Falconer	10,081	8,065	0	18,146	1,536
M J Fitzgerald	10,081	0	0	10,081	416
T Goddard	10,081	0	0	10,081	416
J C Gray	10,081	4,032	0	14,113	979
G Hammond	10,081	8,388	0	18,469	1,580
A Hemsted	10,081	0	0	10,081	2,598
J Hemsted	10,081	0	0	10,081	2,598
P V Herrington	10,081	4,172	0	14,253	999
S Highfield	10,081	645	0	10,726	512
M Hussain	10,081	0	0	10,081	1,499
H Khan	10,081	0	159	10,240	416
A Khan	10,081	8,065	35	18,181	1,536
M Lewis	10,081	8,065	0	18,146	5,775
K Limbajee	10,081	8,065	0	18,146	1,536
C W Loakes	10,081	21,170	0	31,251	9,690
G Lyons	10,081	8,065	0	18,146	6,839
A Mahmood	10,081	8,065	0	18,146	1,536
S Mahmud	10,081	21,170	0	31,251	9,690
A Mbachu	10,081	8,065	0	18,146	5,300
B Mill	10,081	0	0	10,081	2,598
E Northover	10,081	0	0	10,081	416

Financial Year 2011/12					
Member's name	BASIC	Special Responsibility Allowance	Travel and subsistence allowance	Total Payments	Employers On Costs
	£	£	£	£	£
E J Phillips	10,081	0	0	10,081	2,598
M E Pye	10,081	21,170	0	31,251	3,344
S Qadir	10,081	0	181	10,262	416
M F Qureshi	10,081	0	0	10,081	2,775
N Qureshi	10,081	0	0	10,081	416
S Rackham	10,081	0	0	10,081	2,598
G Reardon	10,081	21,170	0	31,251	10,650
C A Robbins	10,081	40,324	165	50,570	17,775
M Rusling	10,081	8,065	0	18,146	5,300
N Russell	10,081	3,387	0	13,468	3,733
A Samih	10,081	0	0	10,081	416
A Siggers	10,081	0	0	10,081	416
W Smith	10,081	0	0	10,081	416
R F Sullivan	10,081	4,194	0	14,275	1,002
D S Sunger	10,081	0	0	10,081	416
R C Sweden	10,081	8,065	0	18,146	5,300
E Vincent	10,081	8,065	280	18,426	1,567
G A Walker	10,081	645	880	11,606	3,101
L Wedderburn	10,081	0	0	10,081	2,598
T V Wheeler	10,081	8,065	0	18,146	5,775
Co-optees					
J W Cannon	460	0	0	460	0
A Hussain	460	0	0	460	0
M Jiva	460	0	0	460	0
C W Webb-Ingall	945	0	0	945	0
T Wilcox	42	0	0	42	0
Total	607,227	348,337	2,406	957,970	167,780
Grand total				£1,125,750	



Celebrating Jamaican Independence Day

- Waltham Forest marks the 50th anniversary of Jamaican independence
- Residents join the Council for flag raising ceremony



Mayor of Waltham Forest Cllr Richard Sweden raises flag with local residents and master of ceremony, Neville Watson. Photo by Mark Burton commissioned by Waltham Forest Council.

As Jamaica showcased its dominance in the sprint events at the London 2012 Olympic Games, the country celebrated its 50th anniversary of independence. To mark this special occasion, Waltham Forest Council raised the Jamaican

national flag and hosted an evening of entertainment.

Over 150 guests attended the Town Hall on Monday 6 August and sang the Jamaican national anthem.

Two residents joined the Mayor, Cllr Richard Sweden, in raising the flag before

the evening got underway with an assortment of music, performances and Caribbean food.

The flag raising highlighted the vast contribution people of Jamaican heritage have made to British society. Other guests included Leyton and Wanstead MP, John Cryer, Cabinet

Member for Community Safety and Cohesion, Cllr Liaquat Ali, and Superintendent, Leroy Logan MBE from the Olympic Policing Coordination Team.

Chris Robbins told Waltham Forest News: "The beautiful island of Jamaica gained its independence from Great Britain in 1962, and 50 years later Waltham Forest is proud to host a fitting celebration. It was wonderful evening to share and honour the achievements of Jamaicans, both past and present, who continue to make a huge impact within our diverse communities."

The audience was also treated to a personal performance by young singer Jodi-Ann Forrester and Jamaican folk stories and poetry delivered by Yvonne Bailey.

In a special tribute, double MOBO Award Saxophonist

and Singer, YolanDa Brown made a surprise special guest appearance and performed. Multi award-winning YolanDa is currently on a UK tour promoting her album April Showers, May Flowers. She was born in London and has parents of Jamaican descent.

More info

For more information on events in Waltham Forest visit www.walthamforest.gov.uk/whats-on. Free internet access is available at all libraries in the borough



The Jamaican flag flew at Waltham Forest Town Hall

Jamaica 50th Independence family fun day festival

Sunday 26 August 2012 Leyton Cricket Ground E10 6PY, 1pm – 7pm

Jamaica Family fun day will showcase the best of Brand Jamaica and will offer an exciting array of activities and entertainment in true "Jamaica style". An array of Jamaican food and drink to delight your palette. Historical exhibits to mark Jamaica's 50th Anniversary of Independence. Resounding celebrations in honour of our world-class athletes.



YolanDa Brown - Live in concert - Double MOBO Award
Winning Saxophonist YolanDa Brown is widely regarded as the emerging "voice" of mainstream Jazz in the UK. Her music is a wonderful mix of genres, touching on Jazz, Soul and Reggae.

Bouncy castles, climbing wall, face painters and much more

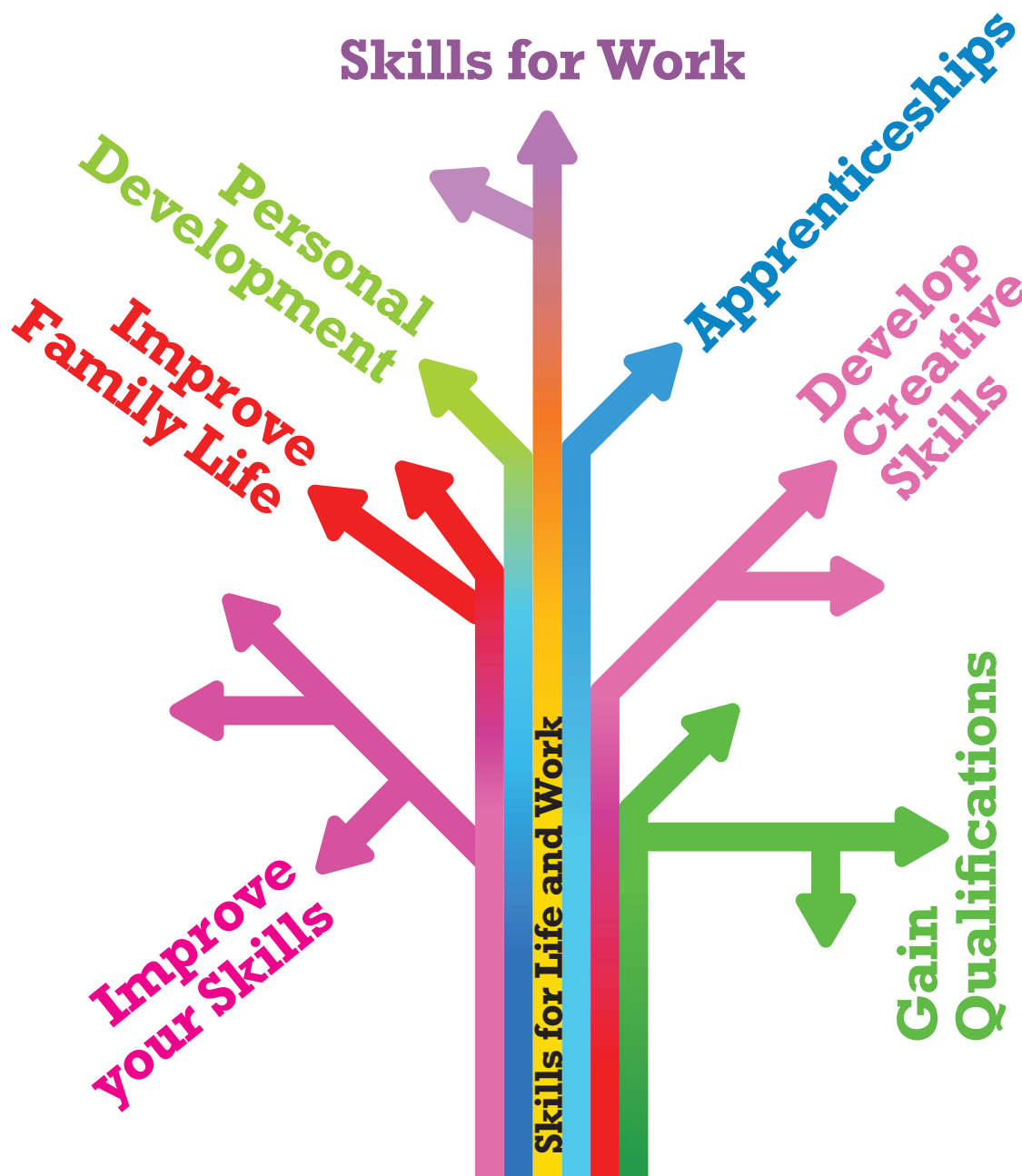


New prospectus out on Monday 13th August

Waltham Forest Community Learning and Skills Service

Courses for Adults

2012 – 2013



Come and meet the team:

Queens Road Learning Centre

97 Queens Road,
Walthamstow E17 8QR

Tel: 020 8496 2974

Monday, September 10th, 2012
10am – 4pm and 6pm – 8pm

or

Leytonstone Learning Link

23-25 North Birkbeck Road,
Leytonstone E11 4JF

Tel: 020 8988 0555

Thursday, September 13th, 2012
10am – 4pm and 6pm – 8pm

or

Leyton Neighbourhood

Learning Centre
3 The Square High Road,
Leyton E10 5NR

Tel: 020 8558 6805

Saturday, September 15th, 2012
10am and 3pm

www.walthamforestclass.gov.uk





ENROL NOW

If you're looking for an alternative to staying on at school or change careers, Capel Manor offers the opportunity to live your learning. As the largest land-based college in Greater London we offer a range of nationally accredited courses and apprenticeships, for those interested in the environment, animals or working with plants, trees and flowers. Our students regularly win awards and many study at level 3 (equivalent to 3 or 4 AS/A levels) leading to higher education, and go on to set up their own businesses or have fulfilling careers in the green sector.

STARTING SEPTEMBER 2012

We still have some places left for courses in horticulture, countryside/environment studies, garden design and floristry, but they're going fast!

For further details and an application form ring Admissions on **08456 122122** email **enquiries@capel.ac.uk**

Capel Manor College
Bullsmoor Lane, Enfield EN1 4RQ
www.capel.ac.uk



GCSE results Advice Day
Got the results you expected or not? Come in and see us to discuss your options:
Friday 24 August, 1-4pm



What should you do if you think a child is being abused?

Don't ignore it, Report it!

If you have concerns about a child's welfare, or feel that they may be being abused, please call Waltham Forest Direct on **020 8496 3000**

Alternatively, in an emergency, phone the police on **999**. Remember, your call could mean the start of getting the right help to a family and may even save a child's life.



Waltham Forest News

ADVERTISING THAT WORKS

Waltham Forest News has the widest circulation in the borough - with 110,000 copies delivered, there is no better way to target a local audience.

Why advertise in Waltham Forest News?

- It's an effective, cost-efficient way to reach customers.
- Published fortnightly with 110,000 copies delivered to homes and businesses in the borough.
- Has the widest circulation in Waltham Forest.



To advertise in Waltham Forest News please call **020 8496 3000** (press option 6) and ask for Eva Jaber. Email **advertisingwfn@walthamforest.gov.uk** or visit **www.walthamforest.gov.uk/wfn-advertising**

Advertising

Come and welcome the Paralympic Torch Relay

and celebrate the opening
of Leyton Jubilee Park

(previously Marsh Lane Playing Fields) Marsh Lane, E10 7DE

Wednesday 29 August 2012

5pm to 9pm

The torch arrives approx 7.30pm



For more information visit:
www.walthamforestbig6.co.uk



Private Fostering

“I’m living with a friend’s family while I work things out with my parents. That means I am being privately fostered. I guess someone should know I am here.”

For more information about
Private Fostering call Waltham
Forest Direct on **020 8496 3000** or visit
www.walthamforest.gov.uk/private-fostering

